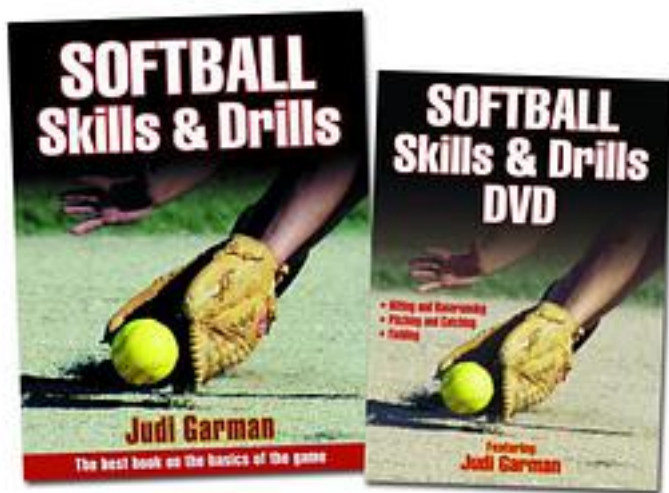


Softball Skills & Drills Book/DVD Package



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著者:Human Kinetics

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Looking for the ultimate softball "how-to" package to help you learn and master the essential skills? "Softball Skills and Drills Book/DVD Package" covers all the fundamentals to build strong individual players and winning teams. Author Judi Garman has more than 30 years of experience, more than 1,100 victories, and a spot in the National Softball Coaches Association Hall of Fame. She has proven that she has what it takes to win consistently. Now, Garman shares her formula for developing the fundamentals by packing 170 drills, 142 photos, and 49 illustrations into "Softball Skills and Drills." Learn how to perform and improve hitting, bunting, slap hitting, baserunning, fielding, throwing, pitching, and catching skills. In the companion "Softball Skills and Drills DVD," Garman covers every fundamental of the sport in full detail and accompanies the instruction with the best practice drills to master each technique and tactic. The DVD's three parts are Hitting and Baserunning, Pitching and Catching, and Fielding. Players perform only as well as they practice. Use the "Softball Skills and Drills Book/DVD Package" and improve performance at the plate, on the

base paths, on the mound, and in the field. Human Kinetics DVDs are coded for universal playback and can be played in all regions of the world.

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